

KNC Hiking Group Rules and Guidelines

1. The Hiking Group is for KNC MEMBERS ONLY and all members are required to sign a waiver regarding the club activities.
2. Hikes are arranged in and around the Central Okanagan area every other Friday morning during the year except for a few weeks over the Christmas holiday season.
3. Hiking is an active program that covers approximately 3 (or more) hours of strenuous activity.
4. The pace is moderate, however you will encounter many uneven surfaces, stairs, steps and significant slopes and ascent. The hike leaders will do their best to describe the hike details in advance, to allow you to determine whether the hike fits your level of ability.
5. The hiking group will be limited to 10 participants, in addition to the leaders, to ensure group safety.
6. To ensure the safety of all participants, we ask that everyone hike together as a group. Members unable to complete a hike with the group, and who wish to turn back are asked to inform a hike leader, who will accompany you on the return to the trailhead.
7. No pets are allowed on the hikes.
8. Wear appropriate footwear, bring walking poles and bring water, along with the [10 essentials](#).
9. Please check your email in the morning prior to leaving for the hike. Occasionally a hike may be cancelled or relocated due to the weather or other circumstances affecting the leaders' ability to conduct the hike as announced – changes or cancellation will be communicated by email by 7am the morning of the scheduled hike.
10. All hikes leave the trailhead at 9:00 am, unless otherwise notified. Please be at the trailhead by 8:45 am in order to allow the group to gather and depart from the trailhead by 9:00 am.

HIKING GUIDELINES: What's the difference between hiking and walking? Well, generally, the following:

- **ENERGY AND EFFORT:**
Hiking demands a high degree of energy. Hikes are longer and hikers will carry a backpack while navigating ascents and descents.
- **FITNESS LEVEL:**
Hiking is much more strenuous than walking and requires a higher level of fitness.
- **PACE:**
Hiking pace will depend on elevation gain and loss, as well as terrain and conditions encountered.
- **LOCATION:**
Hiking trails will take us through natural trails in more remote areas and farther afield than the general Kelowna area.
- **TRAILS:**
Hiking trails may be grassy, rocky, icy, snowy, very narrow, root-filled and uneven, with lots of ascents and descents, and some sharp drops, and possibly scrambles.
- **DISTANCE:**
Hiking time will span 3 or more hours.
- **EQUIPMENT:**
Hiking requires a backpack to hold the [10 essentials](#); good hiking boots (with ankle support if needed), and hiking poles. When the trail is snowy | icy, gaiters and crampon ice cleats are essential.

Please print and save this document for reference, as there will be no weekly reminders.

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